

WIC Foods for Breastfeeding Mom and Baby

The new WIC foods help you and your breastfeeding baby meet today's nutrition needs as recommended by your health care provider. You can continue to enjoy milk, cereal, eggs, fish, juice, peanut butter and beans plus fruits, vegetables, cheese, and whole grains. **At six months of age** your baby can receive infant food meats, fruits, vegetables, and cereal.

**New &
Improved!**

Your New WIC Foods:



Support your breast milk supply



Promote steady weight loss and help you maintain a healthy weight after delivery



Improve the variety of foods available



Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

What You Will Receive:

GRAINS

For Mom:

- 1 pound whole wheat bread
- Or other whole grain options
- 36 ounces iron-fortified cereal

For Baby

- 24 ounces iron-fortified infant cereal

FRUITS and VEGETABLES

For Mom:

- \$10 cash value voucher for fruits and veggies
- 144 fluid ounces of vitamin C-rich juice

For Baby:

- 256 ounces baby food fruits and veggies

DAIRY

For Mom:

- 24 quarts of milk
- More allowed substitutions

For Baby:

- Your breastmilk!

PROTEIN

For Mom:

- 1 pound dried beans or peas
- or 4,15 ounce cans
- 18 ounces of peanut butter
- 30 ounces of canned fish
- 2 dozen eggs

For Baby:

- 77.5 ounces of baby food meat

Eat WIC foods to keep you strong while you love and take care of your growing baby!